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Make Half Your Plate

Fruits & Vegetables



There are so many ways to eat **Fruits & Vegetables** every day.

Roasted Fish Crispy Slaw Wrap

by Liberty Middle School, Orlando, FL

A crunchy taste delight! A pleasing combination of colors and textures, Roasted Fish Crispy Slaw Wrap overflows with fresh vegetables, spicy fish, and a burst of citrus – all contained in a whole-grain tortilla.

Ingredients

makes 6 servings

6 portions of tilapia, 4 oz each

6 portions of whole-grain tortilla, 6" diameter

1½ tsp of Mexican seasoning

1½ oz of fresh, sliced avocado

6 slices of lime

3 oz of chopped Romaine lettuce

1¼ oz of olive oil

6 oz of shredded carrots

6 oz of shredded white cabbage

6 oz of shredded red cabbage

3 oz of julienned bok choy

3 Tbsp of chopped cilantro

4 oz of balsamic vinegar dressing



Nutrition Facts

Serving size: 5 oz

Amount Per Serving	
Calories	275
From Fat	34%
From Saturated Fat	5.9%
From Sugar	7%
Sodium	590mg

Preparation

Preheat oven to 375 degrees. Sprinkle Mexican seasoning and olive oil on fish, place on baking sheet with pan liner. Bake for 12 minutes until internal temperature reaches 165 degrees. Lay wrap on paper. Put chopped romaine on wrap. Cut tilapia in half, place on top of Romaine lettuce. Put cabbage slaw on top of fish. Place avocado on top of slaw mixture. Squeeze lime on top of mixture. Roll wrap, cut in half.



Center for Nutrition
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Go to www.ChooseMyPlate.gov for more information.

